



7 STEP GUIDE OF MEDITATION OF DEFINING

# THE REAL YOU

BY SHANNA BROOKS

*"We don't want to skip out on our purpose in life  
that we are blessed with-S.B*



[www.shannabrooks.weebly.com](http://www.shannabrooks.weebly.com)



Hello Kings & Queens!

I'm Shanna Brooks, the creator of #UltimateBoldness&CreativityCourse , I have provide a first 7 Step Guide Course FREE! This is will be amazing 7 days. I am challenging you to take EACH STEP ONE DAY AT A TIME. Are you excited or what?

I must say ' I am Pumped! I once was YOU, fear of letting my purpose shine! As a empowering individual business woman, I want you to Define " The Real YOU".

I am going to teach you how to meditate on your vision and put your plans to action. Look fear in the eye. No more accepting anixtey as a excuse. No more putting your business plan to aside . Yes, I know we have families, bills, and of course our 9-5 job. But what about your launch idea(s) , and creative brands.

I want to Cheer YOU on to receive revenue!

If you have read the text this far, you are on the right track of defining yourself and your branding.

Its time my Kings & Queens!!

Now I need you to take deep breaths in and out.

Let's relax the Mind, Body. I want you to close your eyes and think back on a vision plan that you may have set on the back burner. After taking a few minutes of thinking. I have provided you with a check off list business plan that you can print off. I want you to jot down those plans and ideas- new or old ones.

Because if you have old idea(s) and have new ones, you can tie them in a Huge Business Layout. Each and everyone of us was born with a gift and it's up to us to know what that is.

Turning our talent, passion into revenue. The world is so huge and so much more we can see just simply coming in contact with different individuals such as yourself.

get booked for:

(speaking engagements, appearances, inventions, a band gigs , and so much more)

I never thought in a million years that I would have had the opportunities and traveling around the world like I have. I was diffanly in a wozzier mode. It was a point I was in tears over joyed to feel recognized. I was feeling useful and serving a positive purpose. Taking the leap to launch this Free Guide and pointers on how to sell course(s) and business online



**(About Me - Your Coach)**

**TV Personality , Enterprenur, Mentor,  
Entertainer, Infulencer**

**I've had the opportunity to be featured  
on the following TV networks -The CW,  
NBC, Telemundo, CBS-21, KARD-KTVE ,  
KNOE and more networks.**

**"I Earned That Name "**

**-Quote by Shanna Brooks**

**Visit my website for more info on who  
NEVER STOPPED**

**[www.shannabrooks.weebly.com](http://www.shannabrooks.weebly.com)**

## Day 1

### Step 1- Meditation Time

Find a comfortable, straight sitting position.

Set your intention to focus on your breathing as best you can.

(Now let's begin)-Try breathing in through your nose and out through your mouth. For a slower, more relaxing meditation, try the 4-7-8 exercise. Exhale, then close your mouth and inhale for four seconds, hold your breath for 7 seven seconds, and exhale over the course of 8 seconds.

Gently bring your mind back to your breathing.

After ten minutes, gently open your eyes.

This step is to help clear your mind and relax your body. This is something that we all need to do, especially after a long day. A simple unwind.

After relaxing look at the real passions and talent within you. Now write it down . Everything that comes to mind. Anything can prosper for positive revenue.

## Day 2

### STEP 2- Ultimate Benefit

Welcome to day two, let's begin with clearing the mind, -Meditation Time.

Let's, begin..... if you haven't meditated for 10 mins please do not continue with step 2, you must be clear mind and focused.

Decide on the ultimate benefit people will get from your brand. Let's keep up, research your passion and be inspired by others that is doing what your into.

Google to see what is trending. Figure out what is so different about another's person brand.

**BE UNIQUE & YOURSELF.**

## Day3

### STEP 3-Branding

Welcome to day three, lets begin with clearing the mind, -Meditation Time.

Lets, begin..... if you havent meditated for 10 mins please do not continue with step 3, you must be clear minded and focus.

Name your brand.. Today I just want you write down at least 7 names for your brand. Out of that 7 I want you to circle 3 names that you are wanting to use. you have to know this is a process. If you are stuck , Meditaion is the key.

### EXAMPLES..

Zeb Ink Notes Productions

Z.I.N Films

DJ'S on the move

#Hashtaging Brands are great

(#CEOShanna) be creative!

## Day 4

### STEP 4- Business Plan

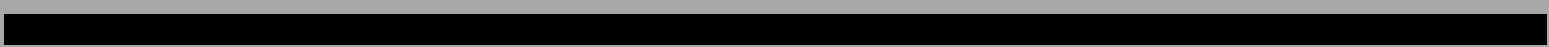
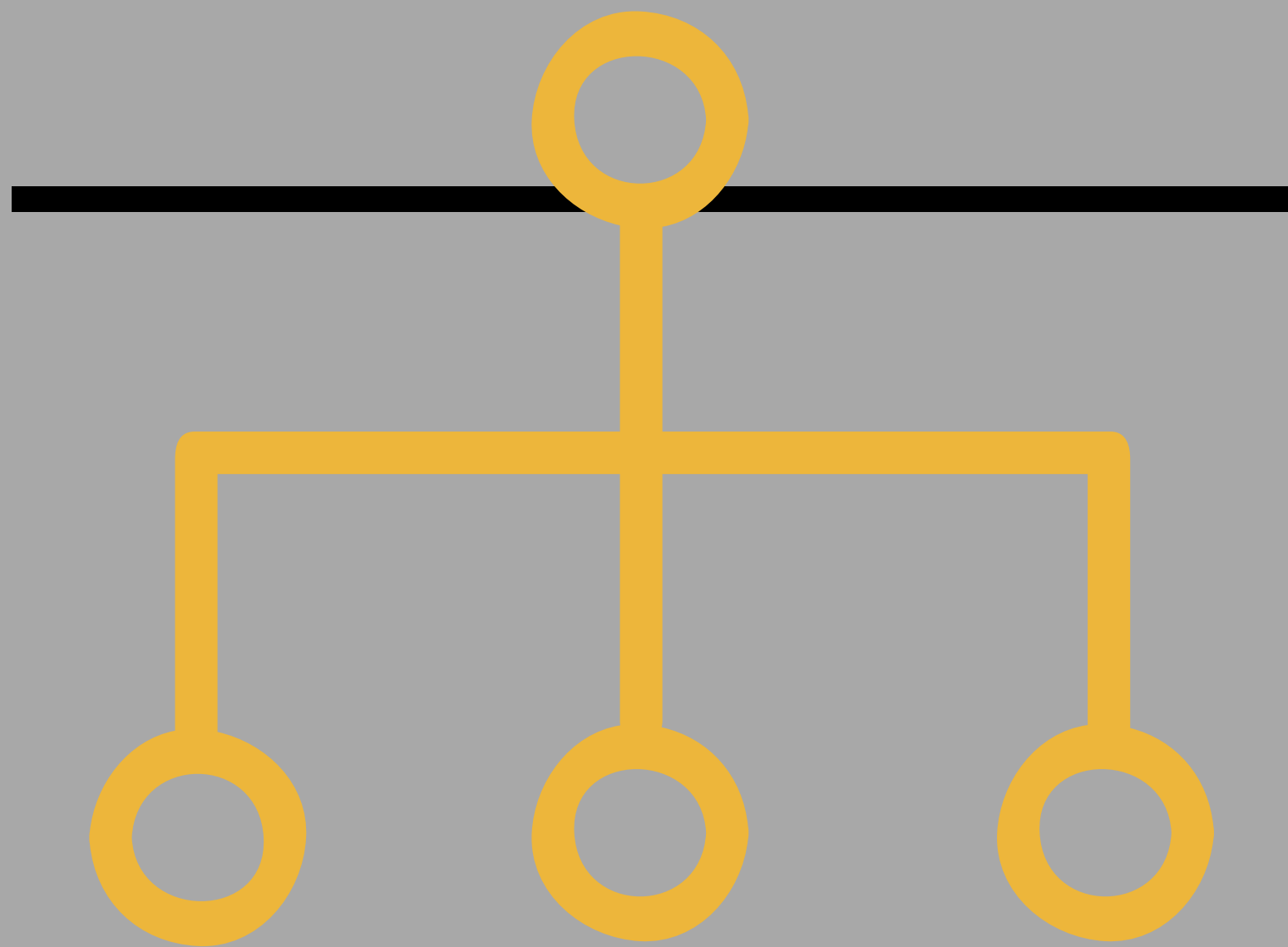
Welcome to day four, lets begin with clearing the mind, -  
Meditation Time.

Lets, begin..... if you havent meditated for 10 mins please do not continue with step four, clear minded.

I have provided a Business Plan Layout Template. Under each module, business plan write out all of your content. This will include resume, Credits, examples, checklists, bullet points, and action steps. We all must have foundation and a blueprint.



Day 4  
STEP 4- Business Plan



## Day 5

### STEP 5- Outlets

Welcome to day five, lets begin with clearing the mind, -  
Meditation Time.

Lets, begin..... if you havent meditated for 10 mins please do not continue with step five, lets make sure we are clear to think and not thinking bout if the food in the oven is done yet or you forgot to walk the dog. Smile because you are in the 5th day of your journey of becoming THE REAL YOU!

CREATE your website, social site , videos , online store and more . It is alot of great outlets to use for your brand. You dont have to use all outlets. Simple use the ones that you feel comfortable with. Some people targeting using one social site instead of multiple ones. Well for me I use my formula of Facebook Fanpage, - I run ads and Its linked with my Instagram , but if you want to learn more on the steps of how to do that , Join our online course class . I also use my website.

BE Bold and Creative .

Special Note\*

It's Free Website to host available: [www.weebly.com](http://www.weebly.com),  
[www.wix.com](http://www.wix.com), [www.linkedin.com](http://www.linkedin.com) , [www.viemo.com](http://www.viemo.com),  
[www.teespring.com](http://www.teespring.com) , [www.shopify.com](http://www.shopify.com)

Examples below:

([www.shannabrooks.weebly.com](http://www.shannabrooks.weebly.com))

([www.zebinknotesproductions.weebly.com](http://www.zebinknotesproductions.weebly.com))

Also create Facebook Pages and Groups

example: Z.I.N Crew Members

[facebook.com/groups/zincrew](https://facebook.com/groups/zincrew)

## Day 6

### STEP 6 -Check Time

Welcome to day six, lets begin with clearing the mind, -  
Meditation Time.

Lets, begin..... if you havent meditated for 10 mins please do not continue with step 6, you must be clear minded and focused your almost there!

Now, my questions for you.

Have you created a Website, Social Media outlet yet?

Do you know what you will be branding for revenue?

Are you willing to put 15 hours a week in your brand?

Are you willing to JOIN my 60 day online

#UltimateBoldness&CreativeCourse Class?

If your answer is YES, to the questions above. I must say

that you are determined. I am so proud of you! YOU

HAVE CREATED YOUR BRAND. NOW ITS UP TO YOU TO

PUT YOUR BUSINESS PLAN TO ACTION!

DON'T PUT THIS BRAND ON THE BACK BURNER

ANYMORE! YOU HAVE COME THIS FAR WHY STOP NOW !

Just look over your life and ask yourself do you want to

serve your gifted purpose in life. Let the inter talents

and passion pour out Kings & Queens!!!

Special Note\*

Always keep business as business. No special discounts

because they your family and friends. that is how you

loose out. Stay away from negative people, keep

yourself around postive energy. Please feel free to

repeat these steps in defining to The Real You and Your

Brand(s)

## Day 7

### STEP 7 -Launch Time

Kings and Queens its your time to launch. Its that time to step out and let the universe know what you have to offer. Choose a great day to introduce your brand. I know right now you maybe second guessing yourself right now.

Yup, I sure have second guess myself PLENTY of times. But you know what, i decided to move fowarded in my brand. It was hard at first to do so. Sometimes you can not be afraid of the FAILURE. I have had so many doors closed in my face. I have had my share of the word NO.

But those doors started opening up. The No's started turning into YES! I want to share a story with you really quick, I will make it short. I had a project I was working on , in which I wanted it shared on a local news station , so I called to get info on who to contact to submit my story. Of course it took some time for them to get back to me, but when they did, my story was rejected . Right then and there I gave up after hanging up the phone. But you know what I refused to give up on what my brand stand for. 3 months later, I was contacted via email by the same news station producer and was featured on their show spotlight 3 months. They saw the ambition I had after I resubmitted my story. So at that point I had to continue on with the NO'S until they turned into YES! So if you want to learn more please join our online course. Sign up by visting [www,shannabrooks,weebly.com](http://www.shannabrooks.weebly.com)

#CEOShanna



[WWW.SHANNABROOKS.WEEBLY.COM](http://WWW.SHANNABROOKS.WEEBLY.COM)

*all content was created and copyright by  
Shanna Brooks 2018*